



# HERNETH

APRIL 1976 VOLUME V, No. 4

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HERNETH

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## OUR BROTHER'S KEEPER

*A lecture given at Serenity Spiritualist Church on March 7, 1976  
through the mediumship of Richard P. Goodwin*

When those words "brother's keeper" are mentioned, it calls forth for men, within the consciousness of man, many different experiences of his own past. And the question does arise within the mind, what does that statement mean, in truth, "our brother's keeper?" Does it mean that we are responsible for the thoughts and the activities of another, or does it mean that we are not responsible for the thoughts, acts and activities of another? And in that question rises the answer from the depths of our own soul, where demonstrable truth waits to express itself to our own conscious mind.

First, we must look within ourselves and ask the honest question, are we, in truth, a separate independent unit in all of God's universes, or are we an inseparable part of a whole called Divine Infinite Intelligence? If our answer is affirmative to the latter, which any reasonable thinking person cannot help but answer affirmatively, then we know that we are personally responsible for our own thoughts, our own acts and activities; and in keeping with that per-

sonal responsibility, we indeed become our brother's keeper.

How does man, in truth, become his brother's keeper? By being the demonstration of honesty within himself, and then all of those people who are attracted into his universe, those words remind man himself how he is thinking, and is he being honest with himself.

The teaching of this philosophy is that Total Consideration is the expression of Divine Will. But it is not possible, it is not possible, to consider the needs and efforts of another when we, in truth, are not considering the fullness of our own life, that we limit ourselves to a particular desire that is constantly changing within our own mind, and while we are—our consciousness—in these many changing desires, we do not consider the whole of our own being. This is in keeping with the demonstrable law that man is his own worst enemy, and that man alone may become his own best friend. For if we are not making the effort to become a friend to ourself, then we cannot grant to the world, or to another, that friendship

*(continued page 4)*

## OUR BROTHER'S KEEPER

*continued from page 3*

that we are not granting ourselves, for no man can grant to another what he has not first granted unto himself. And so it is that God, indeed, helps those who help themselves.

And so, my good friends, "our brother's keeper" reveals to us, in the world in which we live, how much housekeeping we are doing in our own minds. Are we, in truth, making the effort to become a free channel for our eternal being to express itself without the censorship and limitation of past experiences? The only beneficial purpose to a review in consciousness of any past experience is to bring it into the eternal moment, to view it for what it is in truth, and in so viewing it, to make the wise decision to no longer be controlled by it. We must some day make the effort to become fully aware of ourself. Sooner or later that dawns within our consciousness—our eternal right to happiness and to the joy of living. And as that right dawns within our own being, we begin to recognize and to realize that we, indeed, have been a great enemy to ourselves. But we do not have to remain that enemy. We do not have to continue to live in the limited

censorship of our own limited mind—limited by errors of ignorance—limited because at the time we limited the expression of our eternal spirit we didn't know any better, because we could not see. Man cannot see clearly the light of reason when man is in limited consideration of any particular mental pattern that he, his eternal soul, is striving to express through.

And so, my good friends, our brother's keeper must first be a keeper unto our own soul first, and in so doing, to accept the eternal truth that we and we alone are personally responsible for every experience that we encounter in life; that every rejection that we encounter to our seeming efforts we must face as our own responsibility, for if we continue to project the cause of our experiences onto other people outside, then we, indeed, are transgressing the very law of our brother's keeper for we are granting, not only to ourselves, but to those with whom we come in contact, we are granting the greatest deception ever known by the human mind, and that great deception is to blame others for our own frailties or strengths. For, if we blame someone for our own weak-

*(continued page 6)*



THE PENETRALIA  
 BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS  
 by Andrew Jackson Davis

*Continued from last issue—*

*What is life to childhood?*

A crown of thanks! dear reader, for asking me this question; the scene which it unrolls before my spirit is sweet-perfumed and bursting-full of promise. To a well-born and happy Childhood, Life is one with silently-creeping grasses, with emerald landscapes, with laughing lapping streamlets, with the nervous joy of humming bees, with swelling buds and blooming violets; one with flowering and fruiting trees, with the fragrance of apple-orchards, with picking clover and sweet grass in the meadow, with cuffing the brooklet that goes purling below the willows; one with boat-sailing on the glittering pond at the bottom of the field; one with leaf-clad grape-vines climbing aspiringly and lovingly over garden grottoes, with blushing strawberries beneath clefts and upon the rock-wrinkled hill-side; one with the fairy dwellers of shady nooks, with the sun-ray among inhaling roses, with the diversal singing of trees swept by the wind-spirit of the mystic west; one with the cheery chirp of wren and robin; one with the

evening dream of prairie fields of fresh-mown hay, with the luxurious beauty of landscapes beyond the sunrise; one with the rushing gayety of the morning light, with the early dance of squirrels on the old stone wall; one with the young colt, and the yet trembling calf, and the turkey in the pasture, and the timid lamb on the rolling lawn; one with the silvered splendors of mid-summer hues, with the stillness of a July noon; one with the fall of rain, with the ascending moisture, with the melting bow just now arching the far-off horizon; one with the angel of sleep, with the angel of dreams, with the gods of the seasons; one with the undefinable romance of new faces that visit at the house, who eat at the table, who smile with the baby, and tell innocent stories of lands and cities yet to be seen; one with the ephemeral fascination of novel sports, with the painful trouble of finding the misplaced plaything; with the half-sad excitement when bounding impulses are checked by the interposing voice or strong hand of maternal watchfulness; lastly, and in

*(continued page 34)*

## OUR BROTHER'S KEEPER

*continued from page 4*

nesses, then we must, in keeping with that law, blame them for our strengths. And when we continue to do that, we not only deny the law, the demonstrable law of personal responsibility, but we give power to another human mind over our eternal soul, for we have given power to our own mind over our eternal soul, for we have permitted the delusion and deception of our mind to dictate that we and we alone are victims of mental patterns of other people. And so, those who spend their time in blaming others for their frailties have already, within their own being, granted their created mind and its accepted limited mental patterns, authority over their eternal life.

We understand in this philosophy that God, the Eternal Divine Infinite Intelligent Spirit is equal to our understanding in the sense that we may have a bit of that Divine Intelligence expressing through us, or we may have its fullness. That is dependent entirely upon our own efforts. It is dependent on putting the so-called uneducated ego in its proper perspective.

So many philosophies have taught and continue to teach the annihilation of the human

ego. That is the farthest thing from the teachings of the philosophy of The Living Light. The ego is necessary to help us as an instrument through which our soul is expressing. It is the process of educating the human ego that is necessary. And how does man educate his so-called self-will and uneducated ego? First, we must understand what the uneducated ego truly is. It is dependent upon the limited acceptances, rejections and experiences of yesterday projected into the eternal moment, censoring the Infinite Eternal Spirit of Consciousness that is trying to flow up through us, based upon the hopes and fears of yesterday. That, my good friends, is called the uneducated ego.

And how does that compare to an educated ego? Very simply. When we make the effort to educate it, we are aware at any moment what is motivating us to any thought, to any act, and to any deed, and being aware of what our true motivation is, we are freed in the eternal moment of now, for we now see our own motives in life which are the causes of the laws that man establishes. And seeing his own motives, the very cause of his own laws, man then, and

*(continued page 29)*



## Student's Corner



by Hilda D. Gibson\*

Who amongst us has not longed for adventure at some time or another? We think that life is tedium and hardship, and that adventure and mystery are for the very few.

*Life is an adventure!* Can we not stand in awe and wonder at the possibility of what will happen next? Must adventure lie on far off continents, in the jungles and desert lands? Are mysteries only to be found in books and plays?

*See life as an adventure!* Release the authority of the brain which has restricted

your adventuresome spirit for so long. It has done so by repeatedly recalling negative "tapes" of yesterday; and they are but the effects of experiences which happened far before the age of reason. Do not permit this to continue.

Find the ability to enjoy the unexpected . . . the many "unusual" things which happen all around you. We live in a world where all things are possible. Does this not give us cause to muse?

Arise each day in childlike wonder, and adventure will surely be yours!

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*Editor's Note — The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.\**

# VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

*Continued from last issue—*

The formation, emanation, and counter-flowings of the chemical and electrical atoms are popularly known as the *forms* of a motion. These eliminated and ascending particles which atoms (some of which have a cosmical destiny) are, as before said, incessantly evolved from the earth's chemical laboratories—rising, like unparticled rain or universal perspiration, from every pore of the earth's body, to a height differing from three to ten miles; here forming a northward flowing stream, which proceeds to the great polar swirling whirlpool or electrical vortex, from thence, having been repolarized and attenuated, they disappear in a great belt of celestial magnetism, which perfectly surrounds and engirdles the earth like an elastic ribbon— a beautiful, warm, currental river,

which streams rhythmically like an epic into the vast infinitude. This might be called “the celestial highway”— leaving the earth and all entanglement with its axial revolutions at the central point of the exceedingly rarefied atmosphere, which forms an egressive opening at and beyond the Southpole— blending with itself in the bosom of space, augmenting its energy more and more by inherent attributes, and from the incidental contributions of force; and thus wholly freed from the attractions of earth, and responding to the gravitational invitations of an interior universe, this royal road of surging elements continues its inconceivably swift flight onward and inward to the beautiful shores of our Heavenly Home.

## CHAPTER III.

### FUNCTIONS OF THE CELESTIAL CURRENTS

*“Now with swifter, swifter motion,  
Swaying with the swaying tide;  
Onward, to the shoreless ocean  
Of eternity, we glide.”*

—Sarah Gould.

(continued page 14)



## *Visitors Views*

"I felt the reality of my spirit brought to life in the loving embrace of this wondrous place." F.H.

"The message I received impressed on me the need for centering the spiritual energy within me and so then to be enabled to serve in a greater way." C.E.

"I believe you can help a lot of lost people."

"Comforting words."

"I thought today's service was terrific in that it was very uplifting and inspirational for me." P.F.

"There is value for me here and I do appreciate the love I received and the sense of well-being and light. Thank you." J.M.

Today I've received the most direct message. I think it is because I've come here long enough now. I'll be coming back often."



"I think you are doing good work. I see your members and workers growing and expanding in awareness and the visitors are being opened and taught." O.

"Today the mother aspect was brought to light in its true perspective and the humorous side of truth brought forth." C.

"Through Serenity I have come to experience the inner peace and fulfillment I have never known before. I am deeply grateful." N.

"This is the first time I have been to this church and I am very impressed." A.

"I enjoyed listening to the students' ideas and philosophies. They all seem to have a true sense of serenity." E.R.

## SPIRITUALIST DICTIONARY

TABLE TURNING,  
RAPPING

**Typtology.** In the early days of 1850, it became almost a fashionable pastime to hold sittings for this purpose. The sitters would place their fingertips lightly on the table-top, just touching those of their neighbours, then with lowered lights the table would rock slightly, and by an agreed code, spell out messages. A committee of medical men asserted that the movement was due to unconscious muscular action. The 'animal magnetists' welcomed it as a demonstration of odylic force, whereas the clergy were disposed to attribute it to the Devil! The table is rarely used today. Like automatic writing and planchette methods, it lends itself too readily to subconscious motivation, although it is possible to receive just as good evidence this way as by any other means. It is always the content of the message which counts. Eusapia Paladino asserted that soft pinewood was the most amenable to psychic forces. Maxwell found improvement by covering it with a light textured white material and excluding metal fixtures. We now know

that movements of objects (telekinesis) is the result of ectoplasmic material produced by the medium, being used by spirit people for the various phenomena.

## TALMUD

Book of study, A. D. 70—550, containing the fundamental principles of Jewish law. Consisting of a text and commentary (Mishna and Gemara).

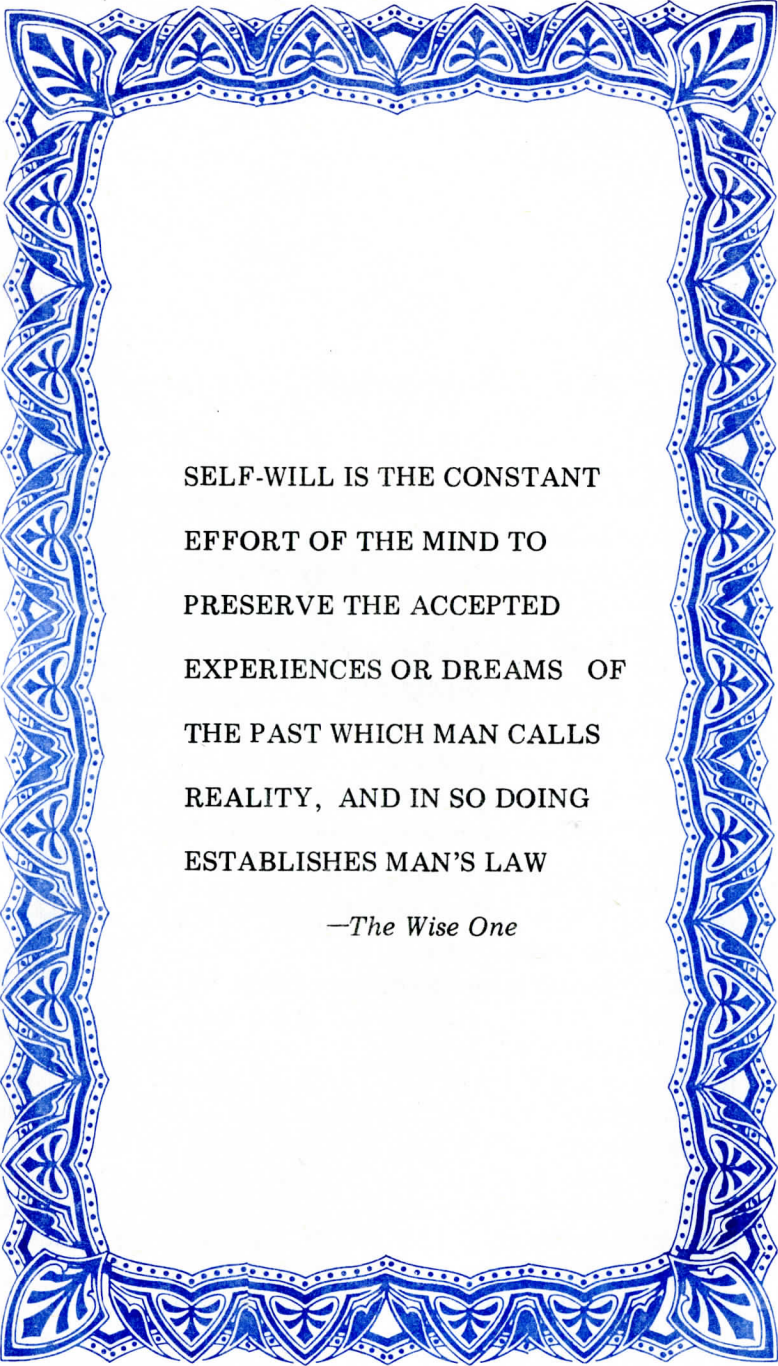
## TAO

Chinese word for Logos, the Absolute, or the course of nature; a conception of an impersonal deity. The Taoist doctrine implies a passive reaction to the world, in sharp contrast to the Confucian system of activity.

## TAROT, THE

An ancient system of divination by picture cards (the forerunners of our present-day playing cards), showing symbolic figures representing stages in man's destiny. Tarot packs consist of 78 cards divided into two 'arcanas', the major —22 cards— and the minor of 56.





SELF-WILL IS THE CONSTANT  
EFFORT OF THE MIND TO  
PRESERVE THE ACCEPTED  
EXPERIENCES OR DREAMS OF  
THE PAST WHICH MAN CALLS  
REALITY, AND IN SO DOING  
ESTABLISHES MAN'S LAW

*—The Wise One*

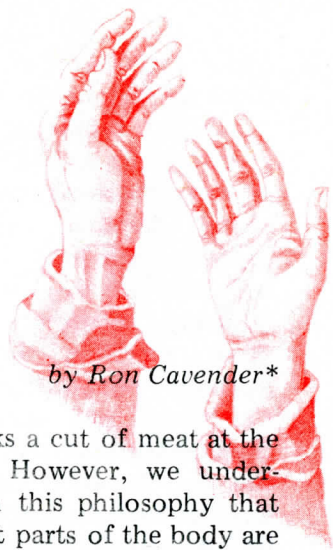
*PRAYER FOR SPIRITUAL HEALING*

*I ask the great Unseen Healing Force  
To remove all obstructions  
From my mind and body  
And to restore me to perfect health.  
I ask this in all sincerity and honesty  
And I will do my part.*

*I ask this great Unseen Healing Force  
To help both present and absent ones  
Who are in need of help  
And to restore them to perfect health.  
I put my trust  
In the Love and Power of God.*

## *Healing Hands*

*by Ron Cavender\**



When a person has an illness, they ask the question, "how did I get this illness?" They begin to search their minds and retrace their steps to the days just prior to the awareness that they were ill. It is really surprising what flimsy excuses they will offer to explain how someone or something made them sick. They may accept that the lady on the bus that morning coughed near them, or the fork in the restaurant was not clean, or they drank out of the same glass as someone who could have had "it".

We know in The Living Light philosophy that whatever happens to us is caused by us. That means that nothing happens to us that we have not accepted in the first place. A person may say, "Well, I didn't want to have this sickness and lose days of work, etc." That statement may be true in the sense that they did not pick the illness as

one picks a cut of meat at the market. However, we understand in this philosophy that different parts of the body are affected by different attitudes of mind. If we are greedy, we suffer a condition as a result of greed. If we harbor a hatred of another, we suffer the physical effect of hate. And so it goes. For every effect there is a cause.

A greater awareness of nature's physical and spiritual laws will help us to regain the harmony and balance in our lives. A mind that expresses harmony and balance lives in a body that is in harmony and balance. When we have harmony and balance, there is no place for illness, which is the physical expression of disharmony and imbalance.

It is said that the mind is the effect of the soul and the body is the effect of the mind. If we work on the causes, then the effects will follow—peace, balance and harmony.



## HEAVENLY HOME

*continued from page 8*

Of the hundreds of thousands of Christians living in this world to-day, hardly one seems familiar with the supreme facts of the physical universe; not to speak of the heavenly spheres, to which their attention is hereby sincerely invited. These celestial facts, not fancies, are as numerous as the souls of the sea. Between the centre and the two poles of the earth lie the whole philosophy of mineral, vegetable, animal, human, and angel existence. We need no other revelation of God; and no other teacher than reverent Reason.

Let us now resume our subject. It must be remarked, in the first place, that the south-pole of the earth is destitute of elemental polarization. Strange to relate, it is neither positive nor negative, owing to its intimate relation to the great equalizing solar-power; and, consequently, the south-pole is a neutral ground, and therefore perfectly favorable to the interflowings and counterflowings of the electrical and magnetic currents.

Although in the southern hemisphere these celestial

currental floods are constant, and far more abundant than at the north-pole, yet the southern sky is seldom illuminated by them. One reason of this is their great height; another is, the position of spectator is seldom favorable. There are, however, as several modern scientists well enough know, certain states of the tropical atmosphere, which will admit of observation; at which times the southern horizon, also the expanse of eastern sky away up to the zenith, is gloriously decorated and overspread with many-colored illuminations. In Australia, and in the palm-growing zone, the inhabitants can recall several such displays. The mild, magnetical radiance of this vast ocean is reflected upon the earth, in tropical nights, rendering every object and scene far more than ordinarily beautiful. This immense volume of outflowing elements is inseparable from the Zodiacal Light, with the particles of which river these elements perpetually intermingle at their fringed edges, receiving and imparting heat, light, electricity, magnetism, and dynamic energy.

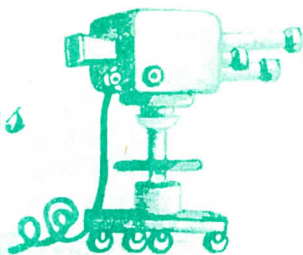
*(continued next issue)*

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Exposure frees the soul.

—Wise One

## *News & Views*



*by Duncan Robertson\**

What we believe to be our leaders are those who talk the most . . . regardless of what they say. That is the sad conclusion of a study made by two Canadian psychologists, Richard M. Sorrentino and Robert G. Boutillier. The researchers assembled groups of students who believed that they were taking part in an experiment on group decision making. However, one of the students in each group was a confederate who deliberately varied the amount and accuracy of his comments in one of four ways: he would make frequent and helpful suggestions; frequent comments, some helpful, some misleading; occasional comments that were always accurate; or speak very little and say very little.

At the end of the game students were asked to rate their fellow participants and themselves on leadership abilities. Those who talked the most regardless of the merit of their suggestions were seen as far more effective leaders.

The students said that they valued the competence, influence and task contributions of the confederates who

made good though infrequent suggestions, but did not view them as leaders. The researchers were somewhat surprised by this since previous research has shown a strong positive relationship between these three qualities and leadership.

Sorrentino and Boutillier believe they know, however, why their subjects seemed to value quantity over quality. "The quality of verbal interaction is an indicator of a person's ability," they say, "while quantity. . . is an indicator of a person's motivation." Apparently, they conclude, we are looking for motivation rather than ability when we look for a leader. Those who speak a great deal appear to their fellow workers as more interested in the project and thus more highly motivated.

Their report appeared in Vol. 11 of the *Journal of Experimental Social Psychology*.

## GUIDE TO MEDIUMSHIP AND PHYSICAL UNFOLDMENT

by E.W. and M.H. Wallis

*Continued from last issue—*

The knowledge and power of the spirits who communicate and direct the circle will also have a strong determining influence upon the results, so that the novice who desires to succeed should decide to give time and attention to the study of the subject, and to experiment patiently and perseveringly—without haste and without anxiety or fear.

AN ESSENTIAL  
PRE-REQUISITE

One of the most important pre-requisites for success in the development of mediumship along spiritual lines is the cultivation of the power of concentration. In the early days of the movement the would-be medium was advised to be 'passive,' and passivity was often construed into self-effacement. We are learning to distinguish between receptivity and docility, between apathy and aspiration. A medium is not, and should not be willing to become, a mere irresponsible tool. For intelligent and beneficial association with and inspiration from the people of the higher life, a certain degree of abstraction from one's outer surroundings

is necessary. To cut one's self off from ordinary conditions, to retire into the sanctuary of one's own inner consciousness, to 'enter into the silence,' as it is sometimes called, is helpful training for the preparation of conditions favorable for the manifestation of spirit power. The Quakers were true Spiritualists in this sense, and evidently realized the need for the concentration of the soul's forces and their withdrawal from the outer plane, preparatory to the descent of the spiritual influence that moved them to speak. The sincere supplication for illumination and guidance is never in vain. The spirit breathes a serener air, and is calmed, strengthened, and comforted by the consequent reaction. It is harmonized thereby, and this becomes accordant to the psychic forces which, like the ocean's tides, ebb and flow throughout the universe, and bathe every soul that lies open to their vivifying and quickening influence. Still more, there are those who dwell in the Light, whose thoughts and love go out to all such as truly call upon God; and these, the ministering messenger spirits,

*(continued page 21)*



## CHILDREN'S CORNER

*In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes. —Editor*

God is always happy.

*Mary Connolly, Age 7*

Kindness is a helping hand or a kind work. Kindness being nice.

*Linda Nave, Age 13*

I am thankful for peace. The color is green.

*Michael Field, Age 5*

God is my friend.

*Erik Masad, Age 5*

Gratitude=Being thankful.

Dear God,

I'm thankful for my home, that I have a roof on my head. I that I have food on my table. and that we have clothes on our bodies. and that I have friends like Lisa to play with and that we have parents that like our Mom & Dad and that we have beautiful animals to love like cats & dogs. and rainbows. & God.

*Virginia Kohl, Age 11*

When I am in god I don't get sick.

*Patrick Connolly, Age 8*

1st Principle - We believe in it means like a person who understands him. I think of my ankle when I think of God because thats where I get scraped. The color of God is blue.

*Michael Field, Age 5*

I love god. And some times I do things wrong I say my affirmation and god will help me. And I thank god.

*Lisa Toquinto, Age 7*

My fellings on kindness.

Helping a drownding bug out. Returning some money someone dropped. Helping a old lady across the street.

*Kevin Nave, Age 11*

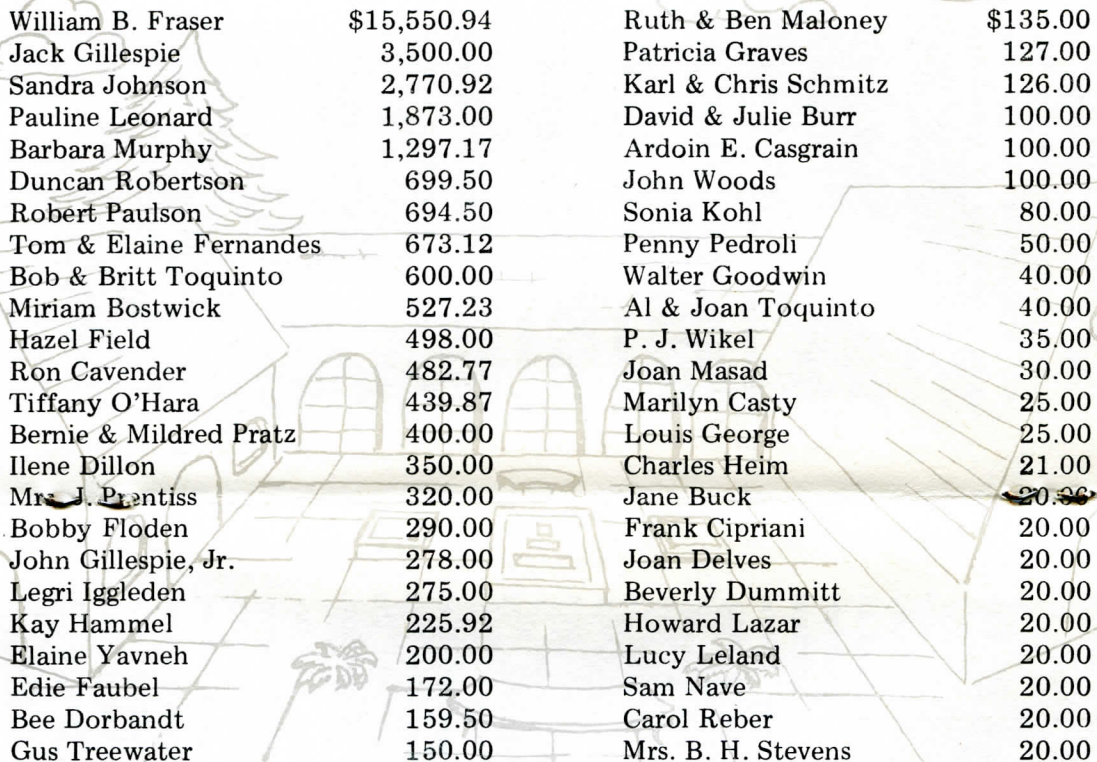
Balance is when your soul is communicating with God. When your mind is not balance it is rejecting. When you are confussed your mind is fighting itself. One part of your brain is saying positive and the other part is saying negrtive. When you are balanced your are at perfect health.

*Sean Connolly, Age 9*

# Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE: \$33,902.44



William B. Fraser	\$15,550.94	Ruth & Ben Maloney	\$135.00
Jack Gillespie	3,500.00	Patricia Graves	127.00
Sandra Johnson	2,770.92	Karl & Chris Schmitz	126.00
Pauline Leonard	1,873.00	David & Julie Burr	100.00
Barbara Murphy	1,297.17	Ardoine E. Casgrain	100.00
Duncan Robertson	699.50	John Woods	100.00
Robert Paulson	694.50	Sonia Kohl	80.00
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We gratefully acknowledge gifts to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

# *The Living Light*

*THE LIVING LIGHT* is a unique book, presenting the first and fresh expression of the individual understanding of a Great teacher from other dimensions, known to us only as *The Old Man*. This book, given as a series of discourses to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin, contains the understanding developed in *The Old Man* through centuries of study in the higher realms of Light. The lessons to be perceived are not new. In fact, they are very, very old, but they are new and alive to certain levels of our con-

sciousness. This is why they are given now, in our time, to those who seek. These lessons are not based on dogma or creed, rather on the natural laws of the universe. The way is not easy, but the simplicity of truth is gently taught in this inspirational course of study which, if applied, contains all the teachings and exercises necessary to unfold spiritual awareness, the Divine spark in every man. The system of teaching is carefully attuned to the individual student's own progressive awakening of the power within his being that he may truly free his soul from the bondage of creation.



## *SELECTED PASSAGE:*

*He who does what is to be done without thought or interest in results is ever free to do the work of the Divine.*

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## GUIDE TO MEDIUMSHIP

*continued from page 16*

often pour their libations of sympathy into the sad hearts of the sorrowful ones on earth, even though they remain unknown and their interposition is unrecognized by those to whom they have given their loving and helpful thoughts.

### MEET THE SPIRITS HALF WAY

By the earnest study of the conditions requisite for development of body, mind and psychic sense, the intelligent medium will endeavor to meet the friends who inspire him at least half way on the Jacob's ladder of communion, and to enter into reciprocal and conscious fellowship with them on the thought plane, so that their inspirations may freely flow through his instrumentality to others, unobstructed by his personality. Classes for the development of mediumship along these lines are very much needed; classes in which the members are expected to take an active part, not merely to sit and sit, and let the spirits do all the work, but by systematic preparation themselves to become lucid and

capable instruments for the transmission of information and helpful influences from the other side.

There is but one course of procedure for the successful attainment of excellence in any field of labor or thought, and that is by study and training, by observation, by persevering application and determined effort, by readiness to learn and responsiveness to every influence which will help to smooth the pathway to the desired success. The intelligent medium who follows this course will not go blindly on groping in the obscurity of the psychic realm and becoming the tool for unseen and unknown agents, but he will unfold his powers, and by co-operating with them will learn to know and trust his spirit preceptors, until he may possibly become as a spirit among spirits, the conscious possessor of such knowledge regarding his own spiritual nature and powers that he will be a ready instrument in the hands of enlightened spirit people, with whom he can knowingly work for human good.

*(continued next issue)*

*Love all life and know the Light.*

—The Wise One



## *Cook Book Capers*

RECIPE FROM: *A POLISH FESTIVAL*

### RACUCHY (Grated Potato Pancakes)

To make about 14 pancakes

- |  |   |
|--|---|
| 4 medium-sized baking potatoes (about 1½ lbs.) | 1 teaspoon salt                           |
| 1 medium-sized onion, peeled                   | ¼ teaspoon ground white pepper            |
| 1 egg, separated                               | 1 tablespoon finely chopped fresh parsley |
| 1 tablespoon potato flour, or                  | Vegetable oil                             |
| 2 tablespoon all-purpose flour                 | 1 cup applesauce (optional)               |

Peel potatoes and grate them on the finest side of a stand-up grater directly over a bowl. Then grate onion over the potatoes and, with the back of a large spoon, press as much liquid as possible from the mixture. Set aside the drained liquid and transfer grated potatoes and onions to a large bowl. Add the egg yolk, flour, salt and pepper, and beat vigorously until all ingredients are combined.

Pour off the drained liquid in the mixing bowl without disturbing the layer of potato starch that will have settled on the bottom. Add the starch to the potato mixture, stirring well.

In a small bowl, beat the egg white until it forms unwavering peaks on the beater when lifted from the bowl. With a rubber spatula, scoop the egg white over the potato mixture and fold them together gently but thoroughly. Fold in chopped parsley.

Preheat the oven to its lowest setting and place baking dish in center which has been lined with several paper towels.

Pour enough vegetable oil in a heavy 10- to 12- inch skillet to come ¼ inch up the sides of the pan. Warm the oil over high heat until a drop of water flicked into it splutters and evaporates instantly. For each pancake, drop about 1 tablespoon of the batter into the skillet and flatten it gently into a 2½- to 3-inch cake. Fry 4 or 5 pancakes at a time, for about 2 minutes on each side, or until they are golden brown and crisp around the edges. As they brown, transfer to oven to keep warm. Sprinkle with a little salt. Present applesauce separately in a small bowl.

## INVOCATION

We lift our hearts to the Great Oversoul in gratitude for all of Life's expression, and attune our ears to the still small voice within that sees beyond the shadows of doubt and fear and knows substance from fabrication. Let us this day sanctify every thought, act and deed as a living dedication to Thy Glory, granting to every living thing that which we would want for ourselves—the space and time to grow in perfect harmony with Thy Divine Plan. May we find the discernment to see the good in all things that we may serve each day in every way the Light that never faileth.

## READING

The words of wisdom have come to man down through the ages: "know thyself and ye shall know the truth, and the truth will set you free." Seek not in the many ways of men to find your true being, for if it were that you should be another then your life would be for naught. Know rather the humble simplicity of a child and strive to be true

to the guiding light within that knows the way for you.

What man can guide his own footsteps? What man can steer the stars and planets in perfect rythm? All of nature reveals that for every thing there is a place, for each of God's instruments a voice of praise, for every soul a humble duty. Life is not without purpose and no moment in life is ever wasted. And so our duty is ever before us. Each moment affords to us the opportunity to serve. Accept it with gladness and seek not the praise of those who may witness your deed, for he who seeks the reward denies the true purpose of his life. Let not your deed be your creed. For what has gone is but an echo, and God's work is done when the mind is still. View need as opportunity. Be kind to your fellow man and God will be kind to you.

## BENEDICTION

May effort wisely directed grant you strength and courage to walk aright in perfect harmony with all of life. Amen.





## *Busy Bees*

*by Miriam Bostwick\**

The next semester of Awareness Classes will start on Thursday, May 6, beginning with the 117th class based on The Living Light philosophy. All persons sincerely interested in higher spiritual teachings should immediately apply for admission as space is very limited. These classes, which are conducted by Richard P. Goodwin, vary widely in content and have proven to immensely benefit beginning and advanced students alike.

Cassettes of all classes are duplicated through our high-speed duplicating equipment and are ready for distribution the very next day. Through these cassettes, students from all over the country have the opportunity for personal and private study. Substantial savings may be realized through membership in The Serenity Cassette Club which is open to all. Most of the students actually attending

classes purchase the cassettes on a weekly basis, knowing that the tapes of the mind are changed only through the Law of Repetition.

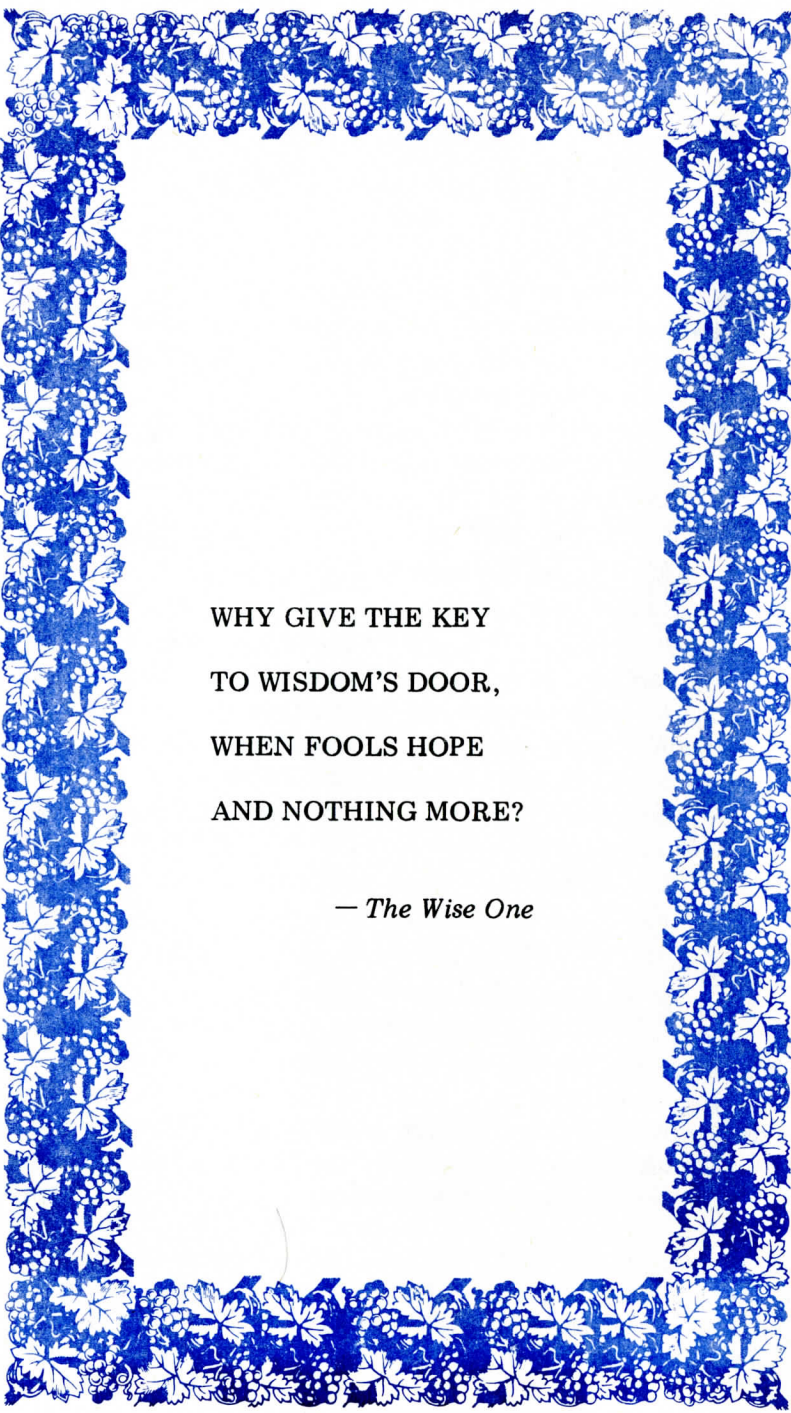
Blackhawk, Junior, mascot and official greeter at the Serenity office, is rapidly becoming a living demonstration of how the Law of Repetition works. Junior has merited an obedience training course, and through the efforts of Cole Hambridge is showing how transformation takes place when the ego is educated.

The same principles of how the mind works apply to persons as well as to our four-legged friends. This is what the Awareness Classes basically are all about — how to control the mind so that it may become the free channel for the soul's expression.

**DINNER PARTY:** April 17th.  
**Theme:** A *POLISH FESTIVAL*  
**BAKE SALE:** April 10th.  
**Place:** Tiburon Boardwalk

## DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



WHY GIVE THE KEY  
TO WISDOM'S DOOR,  
WHEN FOOLS HOPE  
AND NOTHING MORE?

— *The Wise One*



# BECOMING A SPIRITUALIST

by H. Gordon Burroughs

## THE PHILOSOPHY OF SPIRITUALISM

*Continued from last issue—*

*Draw me closer, Lord, to Thy Dear Side and show me abundant mercy at Thy hands. Protect me from the worst within myself, O Lord, and may I know all the love my soul can grasp. From Thy Sacred Face may I never turn to look around or back, but straight ahead where light and wisdom are.*

Within the heart of every Spiritualist the true meaning of the above prayer will find a place, for it voices the inner longing of every one of earth's children and expresses the truth of the philosophy of Spiritualism.

Because of the present disturbed conditions in the world, men are seeking to know, and are questioning as never before. Each thoughtful individual recognizes innately that there is something within that is not satisfied; he is seeking for that which he cannot name.

Spiritualism has a definite reply to those who are asking that question. Instinctively, many of earth's children are beginning to realize that there may be attributes within man that heretofore have never been found or known—attri-

butes that may be enjoyed by man if man can find a way to their unfoldment. The philosophy of Spiritualism points the way to those who earnestly desire to know.

Since the earliest records of history, there has ever been present on the earth plane a certain number of individuals who have found the Kingdom of Heaven, or the Kingdom of Contentment. When we are fortunate enough to meet these illumined souls on the pathway of life, we find that they radiate abundant love, happiness, and success. They may not belong to any church or ecclesiastical association, but their lives are examples of pure devotion. They have attained an at-one-ment with God. They realize the continuity of existence, knowing that man lives in the ever-present now; that life and death are merely manifestations of the ever-present eternal now. They live in the full knowledge that God is love and that every one of the countless children of the countless universes is part of Him and cannot be separated from Him or be annihilated.

*(continued next issue)*



## *Lest We Forget*

Ansel Bailey  
 Robert Birkeland  
 Vera Cavender  
 Bessie Davis  
 Elsa Davis  
 Leland Davis  
 Francis M. Gelardi, Jr.  
 Isa Goodwin  
 Kathleen Graves  
 Irene  
 Jonathan  
 Jonquil

Ron Kissack  
 Harold Lucas  
 Joe Lucas  
 Magnolia  
 Anna Minerich  
 Erik Othberg  
 Jonathan Peck  
 Snowflake  
 Lyn Stephens  
 Rod Sterling  
 Sunshine  
 Britta Upstrom

*To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.*

## OUR BROTHER'S KEEPER

*continued from page 6*

then only, is in a position to choose wisely what he wishes to think and do, for he knows—he does not have to have the outward experience—he knows his motives, the cause of the laws that he is alone establishing. He, therefore, knows its effect. He doesn't need to be psychic or mediumistic. All he needs to do is to make the effort of trying to become aware of the mental patterns of yesterday that are controlling his moment of now. And that effort revealing the laws of life, man will then use reason, and using reason, he will be transfigured by the power of reason which is a soul faculty granting to mankind peace and harmony, for reason is a perfect balance and it sees very, very clearly.

That, my friends, is when we truly become our brother's keeper, for that is when we

grow up as individuals and we become mature and adult and we face ourselves. How can we be a friend to something we don't truly know? And when we truly do not know ourselves, we find that we are an enemy to ourselves. Every philosophy the world has ever known has stated, "O, man know thyself and ye shall know the truth, and the truth shall set you free." Now, we all accept that only the truth will set us free, but how many of us accept that truth is individually perceived; that truth is not something that is outside in some church or temple or philosophy. Truth is everywhere in the universes. It is within and without, and it is waiting to knock at the door of your conscience when you are ready and you are willing to let go of those things which disturb you.

\*\*\*\*\*

There is a power greater than I  
Expressed through all the earth and sky,  
Its many forms we see without  
And wonder why so many doubt  
This God of Love the humble know,  
For they have found the greater goal  
Which all may have if they but seek  
To help the lost, the sad and weak.  
Thy will I find expressed divine  
When all of life is seen as mine  
And I am ready and willing to share  
The part of me that's known as care.





## *Poet's Pen*

### *ETERNITY*

A stream of light blinding in its radiance  
 poured down upon the child  
 who sensed the heavenly helpers, beautiful, transparent  
 administering to her needs; so kind, so mild.

And as her spirit viewed all of this  
 a voice within, with a thunderous roll  
 awakened her to fulfill her mother's wish  
 and to God's purpose, the journey of her soul.

— *Helen Gelardi*

### *EXPECT THE BEST!*

Expect the best! It lies not in the past.  
 God ever keeps the good wine till the last.  
 Beyond are nobler work and sweeter rest.  
 Expect the best!

— *William Pierson Merrill*

## FABLES FOR YOUNG AND OLD

## THE HEIFER AND THE OX

There was a carefree young Heifer who had nothing to do but roam the fields and graze. One day she came upon an Ox who was pulling a heavy plow, and began teasing him.

"I just can't understand it," she said. "What makes an intelligent creature like you waste the whole day pulling a plow? Why don't you take off your harness and race me to the creek?"

The Ox ignored her and walked steadily on, so before long the Heifer hurried off laughing.

That evening the Ox was turned loose to graze in the pasture. He happened to look

toward the barn and saw the Heifer being loaded into a trailer along with many other cattle. So he galloped over to visit her.

"Where are you going?" he asked innocently.

"You know full well where I'm going," said the Heifer.

"Well, it's too bad you have to go," said the Ox, "because I'm ready for that race now. Why don't you just bend those bars and come out of there?"

The Heifer had no reply for this question, so the Ox laughed good naturedly and trotted back to the pasture.

— *He who laughs last laughs best.* —

\*\*\*\*\*

When the motive  
Is pure  
The manifestation  
Is pleasant.  
However,  
When the motive  
Is right  
The manifestation  
Is inevitable  
For it  
Is the law.

— *The Wise One*

## THE LIVING LIGHT PHILOSOPHY

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Write to: SERENITY ASSOCIATION  
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*Editor's note: This year marks the 100th anniversary of Alexander Graham Bell's patent on the telephone, a man-made instrument of communication. The "living" telephone, however, has been a part of God's expression throughout all ages.*

## THE LIVING TELEPHONE

Two friends met Over There one day  
And began to talk in the usual way;  
Then one exclaimed in vibrant tone,  
"I've found a living telephone!"

"It reaches back across the span  
That separates us from living man;  
We now may cross the great divide  
And speak to those on the other side!"

"Lead me to it!" the other said,  
"I want to tell them that we're not dead!  
But that we live and are happy here;  
Death is something they need not fear."

The friend helped him to the phone to see,  
A blessed medium it proved to be  
Through whom he might hear and speak and know  
His friends, as in the long ago.

He used the phone; there were no crossed wires;  
It fulfilled his hopes and his heart's desires;  
There were no short circuits, but direct contact;  
Not a single thing had this phone lacked!

In helping him to return again  
To his friends here on the old earth plane;  
He praised the phone; he thought it fine  
And recognized it as divine!

Then banish doubt from your human mind;  
The devil could not be so kind;  
'Tis the work of a great and finer force  
That brings to us such intercourse!

—*Florence Milton*

# THE PENETRALIA

*continued from page 5*

short — Life to the best childhood is the negation of solid happiness, the blush of anticipation without the pleasure of participation, the perception of being without the luxury of understanding it, an innocence which has never felt the joy of resisted temptation; identical with initial bewitchments and glittering joys innumerable, which surround the citadel of undisciplined sensibilities, and which plant, in the rapidly-unfolding imagination, the seeds of ideas which rival the Siren Isles in beauty, and the realities of this globe as well; hence childhood, to all poets, is a holy foreshadowing of pleasures common to the spirit-Lands, a kind of *avant courier* to the facts of an existence superior to the present; a table of contents to the book of the coming ages; a daguerreotype, so to speak, of the world beyond, painted on earth by the Infinite Sun of the Univercoelum.

*What is life to unhappy childhood?*

Life to unhappy childhood is the breathing curse of

unchaste and discordant progenitors; an organic struggle, panting between smiles and tears; a whipping-post, for the expression of domestic discontent and parental brutality; a receptacle for crude and cramped ideas of God and humanity; the fountain of several diseases to be transmitted in coming years to a consequent posterity. Oh, most unwelcome scene!

*What is life to youth?*

Youth is readily magnetized by the diversified phenomena of Life. It narcotizes him so gently, more and more day by day, till every object, natural as well as artificial, thrills his senses with seductive power — saying, "Behold! I'm but the type of what you may possess — the merest shadow of to-morrow's substance! Press on!! On!!!"

*What is life to manhood?*

Life to manhood is an ethereal flame breathed out from the mouth of God; given not to dissolve the world, but to purge its dross away, and to beautify all honorable relations.

*(continued next issue)*

\*\*\*\*\*

*Outward manifestations are revelations of inner attitudes of mind.*

— The Wise One



## THIS IS MY CHURCH

This is my Church.  
It is composed of  
people like me.  
We make it what it is.

I want it to be a  
Church that is a  
lamp to the path  
of pilgrims, leading  
them to goodness,  
truth and beauty.

It will be, if I am.

It will be friendly if I am.  
Its pews will be filled, if I help to  
fill them.

It will do a great work, if I work.  
It will bring other people into its  
worship and fellowship, if I bring them.

It will be a Church of loyalty and love,  
of fearlessness and faith, and a Church  
with a noble spirit—if I, who make it  
what it is, am filled with these.

Therefore, with the help of God, I shall  
dedicate myself to the task of being  
all of these things that I want my  
Church to be.

—From “I Belong”  
by Hoover Rupert



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